

WHAT IS CLAIMED IS:

1. A glowing mouth guard, comprising
  - a transparent main body capable of being steadily held in a user's  
5 mouth;
  - a transparent glow element for insertion in the main body; the glow element having an outer holding part formed with a plurality of separate holding rooms, which contain respective easily-breakable sealed tubes as well as respective first chemicals therein; the sealed  
10 tubes containing respective second chemicals therein; one of both of the chemicals in each holding room of the glow element being a catalytic agent, and other one being a luminous chemical, which can produce fluorescent glow through a chemical reaction with help of the catalytic agent when it is mixed with the agent, such that the  
15 holding rooms of the glow element have respective ones of a plurality of different-colored fluorescent glows shining.